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Labor Day Blast School Bounces Back

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Labor Day Blast

School bounces back

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PHOTO BY JONATHAN LOGAN



COMMUNITY, CAMPUS, OR BOTH?

“This building is built to serve both AU students and members of the community.”
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FEELING 22

“The rules as they are feel arbitrary, and they have nixed the opportunity for many responsible undergraduate students to have the joy, freedom and peace of their own living space.”
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OVERCOME AND THRIVE

“You would think that such an environmental shift would onset some sort of depression, yet here I am thriving in Berrien Springs, Michigan.”
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NEED ADVICE?

“Well, considering Berrien Springs is basically equivalent to a very long street, I would suggest going outside of town.”
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ASIAN REPRESENTATION

“The weaknesses of Crazy Rich Asians begin with its tone-deafness to broader political issues coloring the plot and characters.”
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RUNNING HOME

“I remember trying to morph my room into something familiar, something like home. I also remember it not working.”
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News



Kara
Herrera
News Editor

Convocation Fall 2018



PHOTOS BY ZACH VERHELLE

Gabrielle Johnson | On Thursday, August 30th, students made their way towards Pioneer Memorial Church (PMC) to attend University Convocation, a welcome back chapel event that is held at the beginning of each school year. At this event, faculty, staff and students gathered together to listen as the President, along with Dean Faehner, expressed the theme for the upcoming school year. President Luxton eloquently described the type of environment she envisions for the student body, while Dean Faehner reinforced the

President's wishes and desires by using three simple concepts.

First, the president explained that she wants students to communicate with each other in a respectful way, whether it be face-to-face or through social media. According to her, freedom of speech comes with responsibilities, and she will not tolerate any defamation of character or race on this campus.

Next, she asked for students to put theory into practice. She pointed out that as a Christian, one may know what the Bible requires one to do,

but it is another thing to actually do what is required. As a result, the president called for the students to embody the actions of Christ, such as through spreading love, honesty and truth.

Finally, she expressed how she hopes for this campus to feel like a community. In fact, there are many ways that students can engage with each other, whether it be by talking to someone who shares a different experience than you or discovering other cultures. To bolster the President's address, Dean Faehner explained that

she will hold the student body accountable for four things: 1. care for oneself, 2. care for each other, 3. care for this place and 4. care for the Creator.

Shortly after leaving the service, Adly Altidor (senior, international business) stated, "I really enjoyed Convocation this year. President Luxton's speech was pretty relatable and it was nice to hear speeches from the different faculty members." Other students buzzed with excitement about the upcoming year, such as Lisa Hayden (senior, biochemistry). She stated,

"I really enjoyed the Top Ten slideshow (inside jokes about Andrews); it brought a lighthearted mood to Convocation. I am thankful for our diverse faculty and staff, and President Luxton is a great leader."

Overall, President Luxton's address expressed her vision for the campus this school year. Now, it will be up to the students to make this university the safe, loving and caring environment she spoke of.

BSCF is Back!

Alicia Dent | As is usually the case for Andrews University Students, this Labor Day weekend was one of rest, hopefully productivity and leisurely engagement. Not only was this weekend an opportunity to enjoy some fun in the sun hosted by AUSA, but the Black Student Christian Forum (BSCF) hosted a social event from 8-10 p.m. on Sunday, September 2. The event featured music, games, food and fellowship to all in attendance.

In the past, such an event has been held but usually outdoors. This

year, the club officers decided to host their event indoors. This provided a "closed space to encourage conversation and opportunities to meet new people", says Lisa Hayden (senior, biochemistry), BSCF president.

For those of you who don't know, this club is dedicated to creating a safe space for students of color at Andrews University to connect with similar customs, foods, experiences and traditions as those they have grown to know and love in their personal lives. This has proved

effective, as several students continue to express their appreciation for the club. Toni-Ann Gayle (sophomore, French & communications, pre-law) expressed that BSCF has been "instrumental in providing a community for us as black people and all people who wish to learn more about the Black community... the events are great for bringing people together."

This speaks in favor of the efforts of the club's social vice president, Josiah Everett (junior, business, pre-law), who stated that in planning this event BSCF as a

whole, as well as Everett personally, wanted to begin the year with "a chance for everyone to get together and meet other people involved with BSCF. After this event, we can only build from here."

This statement serves as a wonderful indication of the plans BSCF has in store for the campus this year. While the event was a great start to a new school year, BSCF has even greater plans for the remainder of the year.

This year, the club intends to participate in more service projects partnering with several

organizations such as H.E.L.P ministries, Harbor of Hope and the Boys and Girls Club of Benton Harbor. Open to students of any race looking for an opportunity to learn about the vast variety in Black culture, have fun, and give back to the community, membership in BSCF is a great way to go! Keep your eyes open for more events hosted by BSCF this way.

News

Labor Day Blast!



PHOTOS BY JONATHAN LOGAN

Richla Sabuin | The Andrews University Student Association made sure the students did not have an uneventful Labor Day this year. AUSA held a Labor Day Carnival on the Andrews athletic fields from 11 a.m. - 2 p.m. this past Monday, September 3, 2018. There were five different games that were done on inflatables. These games included an obstacle course, a slide, a bungee run, a gladiator jousting match and a sumo match.

In addition to games, the AUSA team provided free pizzas and drinks. Although the weather was hot, there were a lot of students who came and enjoyed the carnival, thankfully avoiding the rain that started pouring down outside at around 2:30 p.m., right around when AUSA members had finished cleaning up. Overall, the event was a great success, as evident by the good things people had to say about the carnival.

"I liked the food, the music and getting to hang out with my friends," said Arielle Douglas (junior, animal science, pre-veterinary science). She also said, "I think it's good because it allows the students to interact with each other more and get to know each other."

Jocean Junior (sophomore, mechanical engineering) said that he played all the games. He also said that among all the games, he would

recommend the gladiator jousting match to his friends.

The Student Services Director for AUSA, Crystal-Anne Tan (senior, documentary film), said that they planned pretty far in advance because they usually have an event for Labor Day. "I don't think there's anything super challenging. I think it's always against the weather. Today I was kind of worried because it was humid and hot outside but

a lot of people came so it's nice." She added that the AUSA officers also got the chance to have fun trying the inflatables before a lot of people came. With testimonies from students like Arielle and Jocean, it looks like there was no shortage of students who enjoyed themselves. Crystal-Anne says to all those students, "If you enjoyed it this year, then come next year!"

Students React to Wellness Center Construction

Kara Herrera | As the Fall 2018 semester takes off, students entering the University can visibly observe the construction of the Wellness Center. Driving through the circle drive, one can see the walls pulled up and the massive size of the future finished product. With this visible evidence in plain view, the Wellness Center has become an impending reality for the students of Andrews University. The health center is intended to serve as a symbol and ever-present reminder of the importance of health and wellness in Andrews University. This building is built to serve both AU students and members of the community.

Jensine Leal (freshman, biology pre-med) says, "I'm psyched. I'm excited. I plan on using it three or four times a week." Paola Cisneros, sophomore, psychology & pre-law, says "I'm excited to work out there. It looks like it will be really big and really nice. Bigger than Lamson's gym."

In spite of these goals, some students have begun to express frustration with the fact that around 17 million dollars is being spent on a building whose purpose and utility is not completely clear to them. Sofia Hanapin (junior, biochemistry) thinks that funding for the Wellness Center may have been better used elsewhere in the University. Sofia says, "I get that the Wellness Center is for the

community but before we go into changing the community, we should make the campus better by renovating other buildings that are not as new or well-kept."

Agreeing with her, Paola Bayona (senior, biology) says, "the money [for the Wellness Center] could be used to repair things in Lamson, like windows, showers and sinks. We always thought Lamson should have an elevator, not only because it will help us to move in and out but also because people who are wheelchair bound can use it." To illustrate the state of Lamson Hall, Paola cites an instance when her ceiling began to leak water from an upstairs shower. In response to this,

Dominique Gummelt (Director, University Wellness), points out that "the Wellness Center is funded by donors. The University can't re-allocate donation funds to other projects—in fact, projects are often chosen based on donor interest." In addition to acting as an example of the University's focus on personal health, the Wellness Center's placement near the entrance of the University allows both students and members of the community easy access to it.

Jeremiah Irby, senior, exercise science, says "I expected it to be done by my senior year, but it looks like it will be done after. I'm still glad

because other students will be able to enjoy it. I'm glad they're promoting health on campus. And I look forward to seeing basketball games in the new gym." Dr. Gummelt goes on to say that "the new AU Wellness Center is a tool, a pathway, to support the overarching aim of the University Wellness Initiative—to transform Andrews University and the surrounding community one person, one life, one day at a time." She sees the Wellness Center as a center for physical, mental, emotional and spiritual transformation.

Ideas



Living Space



Frentzen
Pakpahan
Ideas Editor

Kelli Miller | Another semester has begun and many of us find ourselves once again tucked away into the small rooms of Lamson and Meier. Some may not find dorm life so bad: maybe you have been blessed with a suite, a good roommate and a quiet hall. Sadly, not all have been so blessed. There are those who find themselves with neighbors who enjoy sharing their music with the whole hall, or a roommate who refuses to clean up after themselves. It can be difficult for some people to get a good night's rest because of the room checks that occur on a regular basis, or maybe perhaps the room is never quiet enough to do homework. These, and a multiplicity of other

problems serve as the basis for why I believe that the age policy is too strict and does not give enough undergraduates the opportunity to live off campus.

The current Residential Living Policy of Andrews University for those under the age of 22 states that if the student is going to live off campus they must live with either a parent, grandparent, uncle or aunt, older sibling (above the age of 22), or a faculty/staff member. Now, this would all be just fine and dandy if all AU students had relatives living nearby who were anxious to add a new person to their household. But this is not the case for the majority of the undergraduate student body. Even for

those students who do have homes nearby, they may find that their homes are equally, if not more distracting to live in than the dorm. Family members may ask for chores to be done, younger siblings can be noisy and demanding, and it could be equally hard to focus on studying and the many other responsibilities that come with college life. As a remedy to these situations, I would suggest that AU change and allow more leniency with their age based policy.

There are a couple of concerns the university may have when it comes to allowing students to live off campus. Number one would be the financial aspect. It takes a certain number of on-campus residents to allow them

to run the dorms and food service. The other concern they may have is that students will not uphold Christian standards off-campus. Perhaps they think that if students are allowed to live off campus on their own they will be more tempted to behave in ways that the university does not condone. To address these concerns, I suggest that there be certain stipulations in place to ensure that there are a sufficient number of dorm residents, and that those students living off campus are well-behaved, responsible adults. I would propose that the university add an option so that students who either reach the age of 22 or live responsibly in the dorm for four

semesters. "Living responsibly" could include a requirement of a full credit load and a GPA of at least 3.0. Honors status curfew functions similarly, but is not enough. These four semesters would ensure that the dorms would get filled by incoming freshmen and sophomores, and it would give each student a chance to prove that they are responsible enough to live on their own before they reach 22. The rules as they are feel arbitrary, and they have nixed the opportunity for many responsible undergraduate students to have the joy, freedom and peace of their own living space.

“In trying to be a light, we become a harsh fluorescent glare that makes people squint and turn away”

On Christian Witness

Caitlin Jankiewicz | As Christians, we're told that we're supposed to witness to the world, and as children, we're taught to stand up for our faith even if we encounter opposition. But are we going about this in the right way? Sadly, in this day and age, "Christianity" has become synonymous with intolerance, judgmentalism and hypocrisy. The defenders of U.S. Senate candidate Roy Moore, accused of sexual contact with minors, attempt to use Mary, mother of Jesus, as an example of an underage wife to justify his actions, White House Press Secretary Sarah Huckabee Sanders glosses over child separation at the US-Mexico border with Scripture, and the words "God Hates Fags" are splashed across

posters at some marches (Michelle Boorstein, The Washington Post, November 10, 2017; Ben Jacobs, The Guardian, June, 14, 2018). Witnessing these events, the lack of basic human decency repels me, a follower of Jesus myself, from these "Christians" and the immoral deity they serve. Watching such political and religious developments over the past several years has caused me to carefully examine the way in which I approach sharing my faith.

When I was in high school, I tried to "show Jesus" by being the "best possible Christian". I made it a point to never curse, always made sure people knew how I kept the Sabbath and didn't watch questionable TV shows or movies.

However, this approach eventually made people feel like I judged them or was too good for them, causing them to distance themselves from me, the opposite of what I had been intending. I think too often we Christians get caught up in "trying to be a witness" and trying to help Jesus shine through us (as if He needs it). In trying to be a light, we become a harsh fluorescent glare that makes people squint and turn away instead of a warm glow that pulls people to Jesus.

Christians today have made quite a name for themselves in politics, loudly vocalizing their opinions about right and wrong. Though intentions may be good, and I do believe that right and wrong are clearly set up by God in the Bible,

trying to bend others to our code of ethics is not what Jesus calls us to do. Not only is it ineffective, it's an exhibit of the stereotypical judgmental Christians as portrayed in the media. This approach drives people away from the church and leaves them jaded about anything to do with religion or God. In all of the "trying to reach people" by preaching at them about what they need to change in their lives, we forget one very important thing: in His nature, God is love. Therefore, the only true way to show God is to show love. In John 13:35, Jesus says to his disciples, "By this everyone will know that you are my disciples, if you love one another." It's not our job to change people. That responsibility belongs to God alone. We can't

make a difference in people's lives by standing outside of their situations and barking orders about what they're doing wrong. What we can do, however, is meet them where they are and show the love that Jesus has shown us. How would the name of Christianity change if we became known for loving and supporting single mothers, members of the LGBTQ-A community, minorities and other marginalized groups? What if people turned to us when there was no one else, instead of avoiding us for fear of being judged? Instead of being driven away, they might become captivated by the love of Jesus.

We Are Not What We Are Not

“The place that is always at the center of your heart
(if you have a heart; if you had a center once)
becomes clear only by the places it is not,
by which time it is too late for returning.”

“Once I Lived” by Karl Kirchwey

Frentzen Pakpahan | Even though I have just become a junior, I feel the impending emotional turbulence that awaits every student who began his undergraduate studies with an eye to expand socially and intellectually. Have I made enough friends, gotten good enough grades, done enough with these past four, five, three-and-a-half years? My preemptive anxiety is stimulated and made acute by the soon departure of my girlfriend, herself a senior, and my other senior-class

friends. It is something of an annual ritual to be torn apart—none of us possesses the funds or the time to be a young college student forever.

I have been living—or rather vacationing—in Rhode Island for the past three years. The move right at the end of my junior year of high school left me without direction. There were no friends to wile away the time with, no church family to enrich my Sabbaths, no mountains to climb and from which to admire the view. I have

dreaded each finals week, not only for the grueling gauntlet of poorly spaced out examinations but the return home to a dull life without challenges or community. At that point, love them though I do, it was not my first choice to spend the twilight of my teens and the dawn of the twenties with my parents and sister. But lately that perspective has shifted.

Rhode Island is a lot of things, but thus far it has always been “Not New Hampshire.” My current address is not my home, my friends are not of childhood memory, and my seatbelt is fastened by law not by choice (“Live Free or Die”!). Yet the Ocean State is all sorts of things too. When I first set out here to Rhode Island, I committed to it

as a land of opportunity (forgive me for the image of pilgrims and bewigged WASPs popping up in your head). Here I could perhaps create a network of relationships that one day I might be grateful for, that I might say “If I had never moved, I’d never have met you or you or you”. Here I could perhaps colonize new basketball courts and libraries and beaches. Here I could perhaps have time to focus on changing our little family’s culture and improving myself without the gaze of all too familiar eyes. Here was something new.

As Kirchwey points out, we define ourselves by what we are not as if the absence of something should crystallize the outline of

our existence, of what we are. But such negativity obscures our prospects more than it enlightens them. As my father tells me, it is easier to say you are dumb, awkward or lazy than to go about changing it. For those graduating, perhaps the next step is far away from Andrews. For freshmen, you might wish it was anything but Andrews. But your next step is yours and it will be what you make of it. As for now, whether you have one year left or four, fashion this little corner of space and sliver of time into something bright, exhilarating and uniquely yours.

‘The Maverick’: John McCain and the GOP’s Future

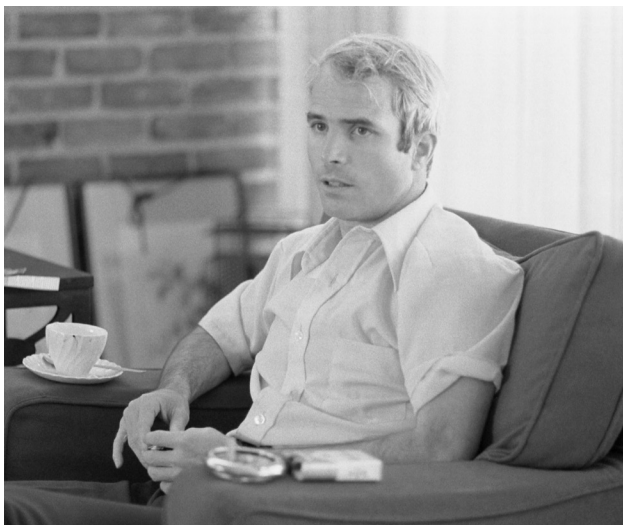


PHOTO FROM PUBLIC DOMAIN

Daniel Self | The legacy of John McCain, a stalwart Republican United States Senator for over three decades, resides less in his tangible work and more in his idealism. While Senator McCain diligently served his Arizona constituents for many terms, he strongly upheld his personal beliefs in the face of partisan pressure. For a party experiencing an identity crisis, McCain’s recent passing should provide a space for close introspection by its leaders. Sitting nearly six points below his competitor in the polls, John McCain’s

character became revealed in a rather unexpected location. Rallying his voter base’s spirits and passing around a microphone for questions during a town hall, an older Republican supporter blurted out, “I cannot trust Obama, he’s an Arab” (CNN: Flashback, February 19, 2015). A person of lesser character would have glossed over that comment, both on its use as an attack on Barack Obama and its harmful connotation towards people of Arabic descent. However, McCain gently but firmly removed the mic before more

prejudiced rhetoric could be unleashed, all the while shaking his head in disagreement. In his response, McCain defends Obama as, “a decent family man and citizen, who I just happen to have disagreements with on fundamental issues.” When putting his response under a microscope, McCain passes the surface test by defending Obama’s character. However, in this process of defending Obama, he does not immediately deny her comment till the end and responds first by indirectly, (and maybe unintentionally), implying a dichotomy between being “an Arab” and “a good family man and citizen.” Critically, this notation by McCain challenges Arab-Americans on both their citizenship as well as their familial structure. One may argue that within a town hall setting, politicians are given a spectrum of questions, many of which they cannot prepare for and cannot articulate a perfect answer for. However, I would counter that politicians innately understand the gravity of all their statements due to their position, and thus must painstakingly

contemplate them. Nevertheless, McCain’s actions amid that townhall displayed a superior level of character and courage that few would possess when faced with their opponents. While his response could have been more thoughtful, I believe that McCain articulated it best when asked how he wanted to be remembered, saying, “He served his country, and not always right. (He) made a lot of mistakes, he made a lot of errors. But I served his country, and I hope we could add, honorably.” (How does McCain want to be remembered?, CNN. August 26 2018). His passing should produce a moment of thought for Republican supporters. When McCain talked about a disagreement on “fundamental issues,” he aimed his strife against an ideology and an approach to politics not against a particular person. Amid the current political climate, wherein politicians openly attack each other, McCain’s death seems to hold a sort of multifarious symbolism. For one, he understood and accepted the differences in value systems that others held. Moreover, it marks

another step away from traditional conservative positions and towards a more populist-oriented form of Republicanism. However, populism is a false form of unity; a populist shift would only connect Republicans behind a concurrent skepticism towards traditional sources of power. Disagreements on conservative ideals will persist, as leaders will come to embrace the opportunity to discard formerly fundamental pieces of their party platform. Despite having Senatorial advantage, the GOP struggled to accomplish presidential goals such as repealing Obamacare because of a clear lack of unity and vision. From classic Republican idealists such as Paul Ryan or Mitch McConnell, to the near-libertarian Rand Paul, or the moderate Susan Collins, the Republicans in the Senate need to rebuild their identity. Potentially, this could serve the GOP well, as to realign their partisan goals towards a future that more Americans can unite behind.



Apryl
Briley
Pulse Editor

THE FACE OF AU



PHOTOS BY IMC

Interviewees: Nayeli Moretta and Matthew Rajarathinam

Interviewed by: Dani Maletin
Ever wondered what an AU Ambassador is? I sat down with Nayeli Moretta, a senior majoring in Elementary Education, and Matthew Rajarathinam, a senior majoring in Biology, to see what they had to say about their experience, and what they enjoyed most.

What is an ambassador?
MR: An ambassador is a student on the AU campus who advocates for the university, essentially showcasing the school's facilities as well as what we stand for.
NM: Someone dedicated to welcoming prospective students and introducing them to the campus.

What was your role as an ambassador?
MR: I was in charge of prospective students and their parents, and my job was to give them a good glimpse of Andrews University. This meant I would give tours of the campus as well as the department of their potential major. I was also a part of the entertainment subcommittee, meaning I

planned and participated in fun events for Junior and Senior preview students.
NM: I love what I do as an ambassador! I get to give tours to preview students and connect with many nervous and apprehensive students to reassure them.
How did you hear about the ambassador program?
MR: I heard about it as an incoming freshman. I was given a tour by an ambassador. Because of that connection, the head of the department, Shelly Erhard, reached out to me and asked if I'd like to become one!
NM: There was a stack of applications on the enrollment desk in the financial aid office, so I filled one out and got involved immediately.
Did you enjoy the opportunity?
MR: Yes! I like this university and I value the lessons it's given me. As a Bio major, I've had a good education and I enjoy bragging about it.
NM: I have really enjoyed my time as an ambassador because it has allowed me to meet new students

and be a positive first impression to those who come to check out AU as a possible future home.
Why should others consider becoming an ambassador?
MR: There are many reasons! It is fun getting to meet cool people and incoming classes, there are perks such as free food or apparel, it has a flexible schedule but most of all it speaks volumes to your future employers that your university entrusts you to be its face and display it in the best light.
NM: It's a fantastic opportunity to build on your social skills, practice conversation and it looks great on a resume!

You Matter Ministry Launches



will cover the theological and psychological crises of identity and role confusion among young teenagers. Guest speakers will be Hyveth William, DMin; Nadia Nosworthy, Ph.D.; and Carlisle Sutton, MDiv, MSCID.
This event will give you the opportunity to learn more about "You Matter Ministry" and how you can get involved to make a difference in the life of young people in the Benton Harbor area. A light refreshment will be served after the event.

Press Release | The non-profit "You Matter Ministry," under the direction of graduate student Mikenley Lundy, will be launching on September 9, 2018, in Chan Shun Hall at 6 p.m. The event will also present a youth conference about the theme "The Search for Identity." This conference

Overcoming Homesickness



PHOTO BY HTEEMU DEE

Cristen Williams

"Please stand clear of the closing doors," the muffled voice of the conductor crackles as the train doors abruptly close. Kathy and I wave heavy-hearted goodbyes while the train pulls out of the station. I'm the type of person to miss someone after spending the whole day with them. Even today, leaving my friends induces a certain kind of sadness within me. Anyone else like that?

People sometimes wonder how I will handle college, the place where homesickness is the most prevalent. Well, despite my slight separation anxiety, I rarely experience homesickness. I realized that a number of teenagers in the SDA World adjust rather quickly to their surroundings, and I believe this is due to how we have been diligently prepared through the

years.

A majority of us actually know one another from Pathfinder sleepaway camps where we faced the rugged world, music clinics where we witnessed through song and praise, spelling bees and science fairs where we competed against one another, mission trips where we changed the world together and college tours where we explored what the future had in store. Funnily enough, a lot of us ended up here, our paths having crossed at least once or twice. With all this being said, I can conclude that we are already pros at adapting to this new environment.

Admittedly, there are some brief moments of nostalgia, but that's understandable. I still miss my mom's cooking—both edible and inedible meals alike. I miss hour long subway delays and the claustrophobic Manhattan streets. I miss the familiar faces of childhood friends

and the weekly hugs from my church family. You would think that such an environmental shift would onset some sort of depression, yet here I am thriving in Berrien Springs, Michigan.

Here's my survival guide:
-Saturday nights are unofficial movie marathons with the ladies of Lamson Hall.
-Sunday afternoons are scheduled Facetime calls with friends and family.
-Every evening is a mock family dinner with friends in the cafeteria.
-During the week, I change my study settings frequently; now I have multiple comfort spots.

As you keep in touch with your old connections, remember to make new ones. Homesickness can be overcome, but it is all about your mindset. Yes, home is definitely where the heart is. But I promise that your heart is big enough for more than one home.

Prevention Resources For Your Emotional Health

Here are some tips from the Counseling and Testing Center to manage your mental health and stay well emotionally:

1. Practice self-compassion. Avoid being too hard on yourself as you deal with each day's demands.
2. Know that you will make mistakes (you're human!). Commit to learning from your mistakes. Identify ways that you can do things differently and more effectively the next time around.
3. Avoid negative self-talk and/or constant negative appraisal of events and situations. Look for ways to replace negative thoughts with more positive ones.
4. Identify and celebrate your strengths.
5. Allow yourself times during each day when you intentionally deep breathe. This allows for increased oxygen intake, reduction in anxious response and improved ability to produce more logical responses to difficult situations. Practice deep breathing: breathe in, hold for three seconds, exhale, wait three seconds then repeat steps one through four.
6. Take care of your physical needs. Make healthy food choices, get adequate rest and exercise.
7. Do not hesitate to talk with a trusted individual such as one of our campus chaplains, residence hall deans or one of our friendly and confidential counselors at the Counseling and Testing Center (CTC) located in Bell Hall Room 123.

If you have specific questions or concerns pertaining to mental/emotional health that you would like the CTC to address in this section of the Student Movement, please email your questions or concerns to: ctcenter@andrews.edu with the subject: Prevention Resources Question/Concern.

Practicing Good Study Habits

Vanessa Angel

Procrastination. We've all done it. Sometimes procrastination is the simple result of being oblivious to due dates. A great way to prevent procrastination is to build good study habits. Below, I have listed some good habits that every college student should practice.

Write it down: The beginning of the semester is a great opportunity to make a schedule and stick with it by writing all major exams, assignments and projects on a calendar or planner. When you know when your major assignments are due, you will be able to start

early and be ahead of the game. In this way, you can always look at what is coming up and how much time you have. You can even give yourself some due dates prior to the actual due date so that you will really be ahead of the game.

Exercise: Exercising is a great way to alleviate stress, help the immune system and improve memory! The problem is that a lot of the times we don't want to do it. In order to be motivated to exercise, make a playlist of your favorite songs so that you can be pumped and ready for the session! Exercising in the morning is beneficial

because if you do it before your classes start, you will feel awake and alert. To help with your timing, make the songs of the playlist the same duration you want your exercises to last. This way, once you go through all the songs, you will know how long you have been doing your exercises!

Put God first: Proverbs 3:5-6 encourages us to acknowledge our heavenly Father first, and He will do the rest. In order for us to have proper planning, improve our habits and accomplish our dreams, we need to go to prayer and Bible study so that our relationship in Christ can continuously

grow every day. Living in a Christian environment, we are surrounded by our many brothers and sisters in Christ. Have a prayer buddy! Talk to someone you are comfortable with, a close friend or even a sibling, and encourage one another to pray and talk to God. For in this way, the Bible says, "As iron sharpens iron, so one person sharpens another" (Proverbs 27:17).

Humans



Adriana
Santana
Humans Editor

Ask Adri

Adriana Santana |
When it comes to eating in the Gazebo or the cafe, which would you say is better?

Honestly, I would say both have their pros and cons. The cafeteria is more expensive, but you have more food choices; the gazebo can be faster, but you may have to deal with ridiculously long lines. So, I would say it depends on the day, and what you’re in the mood for. If it’s breakfast, I’m usually on the go, so I’ll just go to the Gazebo, but if I have time I’ll go to the caf.

Where is the best place to worship on Sabbaths?

I can’t really give a single answer on this one, because people react to different churches in different ways. So if you’re looking for a standard church service you may be inclined to go to Pioneer Memorial Church (PMC). If you like more of a gospel setting, where you are free to stand and clap, New Life (Seminary Chapel) would be the place for you. If a more laid back, contemporary vibe is your thing then I would suggest checking out One Place (Buller Auditorium). Not to mention there are also countless cultural churches off campus like the Korean and Hispanic churches.

I did my laundry for the first time in Lamson and someone stole some of my clothes! What should I do?

Listen, you’re just gonna have to watch your clothes like a hawk. Set a timer each time you put your laundry to wash/dry, and to be even safer, arrive a little early to make sure no one took out your clothes and put them on the table. Even if it seems like it’s not a busy time, Lamson is not to be trusted. Watch your back, sis.

They always say Adventists campuses are a place to find “the one”; would you say that’s true?

L-O-L. I don’t know about all that, but I do know it has happened. You never know what’s in God’s plan, so “the one” could very much be here, but honestly I wouldn’t put all my eggs in one basket.

Are there any cool places to go to in Berrien?

Well, considering Berrien Springs is basically equivalent to a very long street, I would suggest going outside of town. Yes, there are trails and parks you can go to, but if you were wanting to go bowling, skating or even to a movie, you’d have to look outside the Berrien area.

What’s Your New Semester Goal?

Interviewed by Darius Bridges



F. Andrew McKenzie II,
sophomore, finance pre-law

To significantly better myself physically, emotionally and spiritually.



Jesse Castang,
senior, biology pre-med

Graduate summa cum laude, get accepted into medical school, grow as a musician and make memories.



Cameron Phillpotts,
senior, business administration

Spiritual growth and self-discipline.



Sara Hebert,
junior, biochemistry pre-med

My goal for this school year is to be more involved in campus life, to strengthen my close friendships, add more friends to my circle and to start studying for the MCAT.



Paul Anthony Turner,
second year Seminarian

To turn up for Jesus and to finish my second Detroit Marathon this October



Leah Wooten,
junior, international business

To get a 4.0, and to grow in Christ and fulfill his plan for my life.



Daniel Morant,
sophomore, finance

I plan to graduate in 2021 at 19 years old. I hope to become a more rounded person throughout this school year. Another goal of mine is to be able to get my cumulative GPA over 3.8 this year.



Nate Patterson,
junior, marketing

Better work-school balance and to experience more of the area around Andrews!



Crystal-Anne Tan,
senior, documentary film

I want to do my best in the area of study that I’m so passionate about and also have consistent, strong faith in God’s plan... whatever that may be.



Brandon Shin,
junior, biology pre-med

I want to make more time for church and pals!

Humans

Dean Alyssa Palmer

Interviewed by Rachel Arner |

Where are you from, and what led you to Andrews University?

I am originally from Jamaica. My family spent two years in the Cayman Islands before we migrated to the United States, specifically, Milwaukee, Wisconsin. For me, Wisconsin is home. We moved to Andrews because my husband, Dr. Rodney Palmer, accepted a position as a professor in the Religion and Biblical Languages Department.

How has the Andrews transition been?

My transition to AU is going well. I have one year under my belt, having worked with the Office of Academic Records prior to assuming this role of Associate Dean for Student Life. With that being said, I am not quite sure I can ever get used to southwest Michigan winters.

What did you do before you were here at Andrews?

I was an oral health project manager for a non-profit run by Children's Hospital of Wisconsin. In this role, I led a 200+ member coalition in advocacy and policy work to increase access to oral care for vulnerable populations in Wisconsin. My proudest achievement was the passing of a bipartisan bill (Assembly Bill 146) that allowed hygienists to perform their services outside the setting of a dental office.

That is amazing! Did you ever dream that you would be making such a big difference for so many people?

No, I don't think it dawned on me that I wanted to do advocacy work until college. College really opened my horizons to my own potential and to the needs of my own community.

What are you hoping to accomplish this year?

My hope is to develop and launch an online Title IX training for students, faculty and staff by the Fall of 2019. In addition, I hope to promote continued conversations about sexual misconduct and gender equity through the development of an awareness campaign.

What new elements do you want to bring to Andrews?

My career has been grounded in grassroots advocacy and engagement. I am really looking to engage students in my work of promoting a campus that is free from both sexual assault and gender-based discrimination. I envision empowering students in carrying out event awareness days, Twitter rallies and ultimately trainings for their peers.

What can the student body do on a daily basis to lift each other up and make one another aware of the sexual assault and gender-based discriminations happening on campus?

Don't be afraid to speak up when you see behavior that does not stand for our Christian values. If everyone speaks up in suspicious situations, fewer cases of sexual violence will occur.

How do you feel about being a woman in this position?

As a woman in a position of influence, I know that I have the unique opportunity to bring issues to light that are faced by women on this campus and bring about solutions. It is a responsibility that I do not take lightly.



PHOTO PROVIDED BY DEAN ALYSSA PALMER

That is so inspiring that you want to encourage and help other women. What advice do you have for the young women on campus here who might be facing opposition or feeling out of place?

Reach out. I want no student to ever face opposition or feel out of place here. I want to be accessible to address concerns, so reach out.

What are you planning in regards to Title IX and the "MeToo" movement?

I want to build on the momentum and the open discourse generated by the "Me Too" movement. Plans are currently in the works for an event in the spring and a future platform named Rise UP Against Abuse to talk about these issues on campus. It is a project that University Wellness and the Office of Diversity and Inclusion are spearheading and I have the opportunity to lend my voice as it relates to Title IX.

Will the students on campus be able to get involved in the upcoming campaign? If so, how can they get involved?

Yes, I want input from students on the campaign from the very beginning. My hope is to host focus groups to get students' input. But ideally, my hope is for students to be the face and voice of this campaign. We will probably reach out to students through a few different means—including through the Student Movement.

Do you have a message to the students on campus?

You are your brother's keeper. It is on all of us to make sure that Andrews is a safe space for all students to live, learn and thrive.



Scott E. Moncrieff
Faculty Advisor

Arts & Entertainment



Megan
Jacobs
Arts &
Entertainment Editor

Netflix's *Insatiable* Isn't Worth the Binge

Adair Kibble | *This review contains spoilers for the Netflix Original **Insatiable**.*

In recent years, Netflix has revolutionized the entertainment industry by popularizing online streaming, rendering many young adults into binge-watching enthusiasts and releasing its own movies and TV series that have wowed audiences and critics, among the most notable, "Orange Is the New Black" and "Stranger Things." However, some of its original content has come under fire for controversial content, like with the show "Thirteen Reasons Why," and, most recently, "Insatiable." It is difficult to find an offensive subject the show did not breach, or a boundary it did not cross. The basic premise of the show can point to one of the primary sources of backlash: an overweight high school student rapidly becomes thin as a result of an injury that caused her jaw to be wired shut, which leads to a burgeoning career as a beauty pageant contestant. Overweight people have been regularly treated as targets of easy laughs in film and television because of the sin of existing in a toxic image-obsessed culture. One would think that the creators



PHOTOS BY PUBLIC DOMAIN

of the show would have been more thoughtful in their portrayal of this protagonist. But, of course, the audience only sees what is obviously a skinny actress in a "fat suit" for about five minutes, during which we learn three things about Patty Gladell: she is overweight, unpopular, and enjoys Drew Barrymore movies while she binges. Then from this caricature, the show crafts one of the most shakily characterized protagonists ever written. Over the course of the first season, Patty jumps from supposedly major motivation to major motivation: she wants revenge, she wants to break up the marriage of her mentor, she wants to win a beauty pageant at all costs, she wants the affections of someone else, etc. This frenzied,

confused and unrealistic character utterly fails to win over any watcher, and obscures any positive or uplifting message about body image or self-worth. Most insultingly, major plot points hinge on her past as "Fatty Patty," where she draws strength from eating or food. At the end of episode three, when she feels rejected and used by everyone, she seeks a "safe space" by entering a crawfish eating contest. In the last episode of the season, Patty is held hostage and handcuffed by one of the other pageant contestants (more on the off-the-walls plot later). She begins eating a stick of butter, and eventually discovers she can free herself by greasing her wrists with it. Instead of times where the audience should see any depth of personality, growth

or even development, the show has her (1) encounter a problem, (2) respond with bingeing or extreme violence and then (3) use the power high she gets from those behaviors to spur the next cycle. The show also finds a way to botch the handling of many other social issues, not limited to: using minority characters to play stereotypes (the sassy black girlfriend Dee) or "comedic" reversals of stereotypes (Dixie Sinclair, an Asian American girl with a thick southern accent who enjoys guns and drives a Hummer), and portrayals of homosexual characters that seem twenty years behind. But, maybe one of the worst recurring themes is inappropriate relations between adults and minors, with many grotesque jokes about pedophilia.

Defenders of the show often claim satire, but whatever aspects of society the show intended to satirize is not at all clear. What is clear instead is the show's failure to entertain effectively at all. As Roxane Gay put in her recent article on Refinery29.com, "the show is trying to be too many things — comedy, drama, satire, farce — and it does none of these things well." The serious moments in the series are completely undercut by the increasingly nonsensical and contrived plot points. As an extreme example, Patty is given to sudden and inexplicable fits of rage that result in her murdering two people, one of whom was a major love interest. Alliances between friends, rivals and love interests change inexplicably. Someone working to overthrow either Patty or her mentor Bob Armstrong in one episode will fall in love with them the next. The show is not grounded in reality enough to feel for the problems of the characters, or well-written enough to be a dark comedic romp. As a fan of Netflix, I expected better content and better messaging, but this show leaves a bad taste in my mouth.

Child of Apartheid: Stephen Allcock's Senior Film Thesis

Megan Jacobs | As a film major, I'm always excited when there's a senior film premiere. I get to go and support my friends as they show off a project they've worked so hard on for a whole year. I get to watch a film made by my peers and (hopefully) be inspired for my own senior project. With Stephen Allcock's film, though, I was more excited than usual. His project was more than a year in the making--try three

years. Not even the wait for Avengers 4 is that long. Obviously, Stephen put his heart and soul into it, and after watching the movie, I can confirm that he definitely did that and more. Child of Apartheid tells the story of Wandile Mthiyane, a South African architecture student from Andrews University, and his goal to build better communities in South Africa after the horrible aftermath of apartheid. Not only

did this movie show the personal ups and downs Wandile went through in his (still ongoing) mission, it brought awareness to an issue that very few people talk about. For a little context, the word apartheid literally means "separateness." According to Wikipedia, apartheid "was a system of institutionalised racial segregation that existed in South Africa from 1948 until the early 1990s." People marginalized during this time

period are still struggling against the effects of the apartheid laws today because, let's be honest, the nineties weren't that long ago, and we Americans are still seeing effects from the sixties. Child of Apartheid is such an important film in this aspect. It not only sheds light on a young college student's attempt to better the world, inspiring viewers, but it educates audiences on a tough subject matter that, although not necessarily a

hot topic, is still extremely relevant today. Wandile's operation is far from over. You can learn more about and keep up with his work and donate to the cause on his website, <https://ubuntudesigngroup.org/>. To keep up on showings of Child of Apartheid, check out their Facebook page, <https://www.facebook.com/ChildOfApartheid/>.

Arts & Entertainment

Are We Really Crazy for These Rich Asians?



Natalie Hwang | *This review of the movie Crazy Rich Asians is spoiler-free.*

The first contemporary all-Asian casted movie since *The Joy Luck Club* in 1993, *Crazy Rich Asians*, an adaptation of a novel by the same name and directed by an Asian-American, Jon M. Chu, has topped box office sales for three weekends now. As a Korean-American, I am proud. Asian Americans lack representation in Hollywood films and often suffer misrepresentation in the form of racial stereotypes or caricatures, so it is no wonder that most Asian-Americans praise *Crazy Rich Asians* as the film ushering in a new era for Asian representation in American media. Growing up, all I saw of myself in movies and TV shows was the nerd, the sidekick, or the Other. It was incredibly moving to walk into a movie theater and see other Asian Americans hungry for the same representation I have craved since I was a child. *Crazy Rich Asians* is a film made for us and by us, acknowledging Asian-centered stories and culture in a glorious and visually appealing romantic comedy.

The movie centers around Rachel Chu (Constance Wu), a Chinese-American New Yorker whose boyfriend, Nick Young (Henry Gouling), wants to introduce her to his family in Singapore.

However, when it is only too late, she realizes that his family is “crazy rich” and part of the Singaporean social elite, and her attempts to fit in are made difficult by the many people now keenly interested in her relationship with one of Singapore’s most desirable (former) bachelors. Nick’s mother in particular, Eleanor Young (Michelle Yeoh), disapproves of the relationship because Rachel is poor (read: not as rich as the Youngs), an immigrant American and inexperienced with Singaporean customs and society.

This particular issue, one of a parent intervening in the love life of their child, crosses cultural barriers and verges into an almost universal experience. Indeed, much of the movie, while predominantly concerning crazy rich Asians, finds a relatable nerve for audiences of all demographics, discussing issues such as parental approval, the longevity of genuine friendship, and doing anything for the ones you love.

Particularly interesting is the character of Nick Young (Henry Gouling), the Chinese-Singaporean boyfriend with eyes only for Rachel. Most previous representations of Asian men in American movies incline towards the ridiculously racist. Most egregiously, Long Duk Dong in *Sixteen Candles* encapsulates the height of stereotypical depictions of Asian American men: he is

offensively emasculated. Asian men are portrayed as functionally asexual, speaking in broken English and usually providing comic relief. Additionally, the men are not the only victims. Asian women are often objectified as submissive, innocent women with unaccountable sexual prowess. But, Nick is the polar opposite of everything movies dictate Asian men to be: handsome, charming, articulate (with a slight British accent), rich and a protagonist. And Rachel, reminiscent of many rom-com women, is the scrappy heroine with a strong will and a mind of her own.

However, the weaknesses of *Crazy Rich Asians* begin with its tone-deafness to broader political issues coloring the plot and characters. Rachel’s best friend, Peik Lin (Nora Lum) is played as a character of Lum’s own making, Awkwafina. Lum started her career on YouTube, creating Awkwafina, a sassy and loud girl who speaks in a poor imitation of AAVE (African American Vernacular). To me, Lum is just another Asian American capitalizing on what she believes to be Black culture to appear cool; I was uncomfortable during all of her screen-time. While Lum claims to speak in AAVE and adopt other mannerisms characteristic of Black culture because she grew up in a predominantly Black neighborhood

(a common claim for non-Blacks who use AAVE), Lum’s childhood neighborhood of Forest Hills in Queens was actually only 2.5% Black, according to a 2010 census.

The most uncomfortable thing about Awkwafina is that she reminds me of many other Asian-Americans who claim elements of Black culture simply to gain social capital and who monetize their false personas, while actual Black people (and celebrities) rarely gain social traction simply by being. It shocks me how often Black culture is used by non-black people of color, who also align themselves with whiteness, dropping their adopted Black behavior when convenient to do so. The issues of racial triangulation are these: that Asian-Americans believe white people will accept them, that we ally whiteness in our treatment of black and brown people and that we must realize white people will never see us as white. Asian-Americans, particularly East Asians, have a long and difficult history with Black people, beginning from the earliest Asian-American immigration to the States, and no amount of movies like *Crazy Rich Asians* will address this. The narrative of the movie itself, one of excessive wealth, is so foreign to many Asians, and yet we swallow this as a reflection of ourselves. It is a palatable version of Asia, and perhaps the

issue also lies in the fact that this movie is indeed for us and by us.

It makes me wonder if pushing back against forms of oppression (such as lack of representation) must always also include pushing down those below us in the hierarchy of oppression. While I am eager for a movie with people that look like me, I acknowledge that the film fundamentally misrepresents Singapore and the experience of brown Asians. It makes a mockery of Black culture through a character explicitly built to imitate Black people, and one who serves only as comic relief through a gross parody. It makes me wonder if my own representation must always also include the misrepresentation of other people, and serve as a reminder of my own complicity in the systemic and structural racism oppressing black and brown people in America. When was simply casting all Asians enough for a movie?

At the end of the day, *Crazy Rich Asians* is simply escapism — for East Asians looking for representation, as well as those ignoring their own complicity in the oppression of black and brown people. For now, this movie is the closest thing to positive representation many Asian Americans will get, and it is not good enough.

The Last Word



Alexi Decker
Editor-in-Cheif

First Impressions and Lasting Lessons

Let’s take a quick quiz. Over the last week or two, have you felt a) awkward b) lonely c) homesick? Yes? Join the club. New school years are uncomfortable and weird and hard. There’s so much to remember and rediscover, to learn. I’ve gone running all over this campus countless times over the last four years, and I still don’t know where the alumni house is (at this point, I’m 90% sure it’s a myth). Even if you call Berrien Springs home, I can guarantee that there are places on the Andrews campus that will be new to you—Andrews has enough secrets to last a lifetime of new beginnings.

Trust me, I know: I visited Andrews for the first time in the summer of 2009. I was 12, and I was here because my parents were attending a conference to help them prepare for my dad’s new job, far away from the place I’d grown up in. It was my first (but hardly my last) summer spent living out of a suitcase. I don’t remember driving on campus and seeing a statue of J.N. Andrews; I don’t remember seeing PMC or the HPAC or any of the other actually memorable buildings on campus. I do remember—very distinctly—the way

the beds in my rented dorm room were set up, the brand of toothpaste I left on the counter of my sink, and exactly which outlet I used to charge my iPod Nano. I remember trying to morph my room into something familiar, something like home.

I also remember it not working.

Transitioning is a Hard Thing. Throughout my time at Andrews, I mostly remember feeling like I was in the wrong place at the wrong time—like everything I knew about myself and others was turned upside-down and sideways, viewed through a funhouse mirror. Here, I felt landlocked. I felt trapped, not comforted, by the miles of empty highway and the never-ending cornfields. Andrews was a stop on the way to a greater destination, but I didn’t want to go on. Instead, I wanted to turn around and run until I couldn’t run anymore.

If you’ve made it this far without running, congratulations. You’ve survived your first week of the 2018-2019 school year. This is no small feat. This is stressful. This is often overwhelming. This, in short, is hard.

And I hate to burst your bubble, but for the most part, college

doesn’t get easier. So let me be perfectly clear: you will do hard things this year. Whether it’s your classes or your job or your extracurriculars or your friendships, you will be challenged. You will be changed. And if you’re anything like me, you’ll want to run home.

But listen closely. You will do hard things. I’m not saying that hard things won’t happen to you, or that you won’t feel broken sometimes. I’m saying that you’ve done hard things before, and you’ll do them again. At the end of this year, you’ll have done things you never would have thought possible. You’ll have written papers, sung onstage, presented research, driven in the snow, gotten cuffed—you name it. Hard things, all of them. But good things too. And you’ll be able to walk away from them in triumph, instead of running away because you’re scared.

Five years after that summer, I came back to Andrews. This time, I moved in fully—microwave, posters, textbooks and all. I looked outside my third-floor Lamson window, out on the fireflies and the coming storm, and smiled. I’d found a way to live at Andrews before.

Hard as it might be, I’d find a way to do it again.

Here, then, are the things I hope you do this year: I hope you make friends. I hope you ace your classes and make midnight McDonalds runs and play frisbee golf in the rain. I hope you join ten clubs and go on every outing, I hope you swim in the lake and eat a lot of Sam’s Chicken and soak up everything that Andrews has to offer. In short, I hope you find a home here, and that you’ll walk across the graduation stage someday in victory, knowing that you could’ve run and didn’t.

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